

# Aging Unit of Iron County

## August 2014

### MENU HAPPENINGS



Hurley 561-2108		Mercer 476-2113 on -800-950-8744		Saxon 893-2333		Springstead - Wed	
Mon. to Fri.		Tues. to Thurs.		Tues. to Thurs		476-2113 or 1-800-950-8744	
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
<b>PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE</b>					<b>1</b> Chili, Carrot Salad Pear Cobbler Corn Bread, Milk	<b>2</b> items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.	
<b>3</b>	<b>4</b> Barbeque Chicken later Tots Stir Fry Vegetables Fruit Cocktail Pudding Bread, Milk Bread, Milk	<b>5</b> Pork Roast with Rice Pilaf, Country Blend Tossed Salad Poke Cake Bread, Milk  Card Games	<b>6</b> Swiss Steak Mashed Potatoes, Wax Beans Tomato Juice Ice Cream Bread, Milk  Bingo Games	<b>7</b> Ham Cheesy Hashbrowns Country Blend Pea Salad Apple Pie Bread, Milk	<b>8</b> Pizza Pasta Salad Peach Cobbler Bread, Milk	<b>9</b>	
<b>10</b>	<b>11</b> Italian Chicken Alfredo Fettuccine Broccoli Cottage Cheese Pudding Bread, Milk	<b>12</b> <b>Chef's Choice</b> Braised Pork & Veggies Apple Sauce Bread, Milk  Card Games	<b>13</b> Turkey Mashed Potatoes, Cranberry Sauce Corn, Pumpkin Pie Bread, Milk  Bingo Games	<b>14</b> Salisbury Steak Egg Noodles Green Beans Copper Penny Apple Crisp Bread, Milk	<b>15</b> Lemon Pepper Fish, Wild Rice Scandinavian Blend Coleslaw Cinnamon Rolls Bread, Milk	<b>16</b>	
<b>17</b>	<b>18</b> Barbeque Ribs Baked Potatoes Broccoli Fruit Cocktail Pudding Bread, Milk	<b>19</b> <i>Western</i> DCTS BBQ Wedge Fries Baked Beans Coleslaw Strawberry Short Cake Card Games	<b>20</b> Spaghetti with Meat Sauce Italian Blend Tossed Salad Jello Bread, Milk  Bingo	<b>21</b> Pork Stir Fry Rice, Egg Roll Tropical Fruit Cake Bread, Milk	<b>22</b> Pasty Pie Carrots Cuke Salad Cookies Bread, Milk	<b>23</b>	
<b>24</b>	<b>25</b> Pot Roast Baked Potatoes Carrots Cottage Cheese Pudding Bread, Milk	<b>26</b> Swedish Meat Balls Noodles Green Beans Tossed Salad Cake Bread, Milk  Card Games	<b>27</b> Baked Chicken Potatoes Au Gratin, Peas & Carrots Macaroni Salad Apple Crisp Bread, Milk Bingo Games	<b>28</b> Sweet & Sour Pork Rice Mandarin Orange Blue Berry Muffins Bread, Milk	<b>29</b> Beef Stew 3-Bean Salad Donuts Bread, Milk	<b>30</b> This menu has been approved by Mary Jo Coleman, Registered Dietician.	